

DEALING WITH STRESS - SOME HELPFUL IDEAS

Drs. Ruth and John Rudge, Southern Cross Clinical Psychology

TALKING TO SOMEONE ABOUT WHAT YOU ARE STRESSED ABOUT
IS ONE OF THE BEST WAYS TO HELP OURSELVES IF WE ARE STRESSED

SHARING

LIGHTENING YOUR LOAD

GETTING SUPPORT AND HELP

RELEASING PRESSURE THAT HAPPENS WHEN YOU HOLD THINGS INSIDE

IDENTIFYING OR GETTING CLEAR ABOUT WHAT IS CREATING THE
STRESS

(Have you tried this?)

LOOKING AFTER YOUR SELF WHEN STRESSFUL THINGS HAPPEN

BEING KIND TO YOURSELF

DOING THINGS THAT HELP YOU FEEL BETTER FRIENDS MUSIC

RELAXING WITH FAMILY

(What things do you do to be kind to yourself when you are stressed?)

THOUGHTS AND FEELINGS

When stressful things happen we usually have strong thoughts and feelings.

We get caught by these thoughts and feelings and they make us stressed.

We are going to talk about how to step back from these strong thoughts and feelings and get on with living meaningful lives

RIVER BANK METAPHOR -

HOW TO TAKE A BREAK FROM STRESSFUL THOUGHTS AND FEELINGS
SO WE CAN CALM DOWN AND FEEL BETTER

WAYS TO STEP BACK FROM OUR THOUGHTS –

MEDITATION

SHORT - 3 SIGHS

LONG - BODYSCAN AND BREATHE

**VALUES WORKSHEET - LOOKING AT HOW STRESSFUL THINKING CAN
STOP US LIVING THE LIFE WE WANT TO LIVE**